



National Nutrient Database for Standard Reference
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Statistics Report 35078, Tea, tundra, herb and laborador combination (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	99.70	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	0.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference ¹	g	0.20	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Minerals													
Calcium, Ca ¹	mg	2	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe ¹	mg	0.08	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Magnesium, Mg ¹	mg	1	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Phosphorus, P ¹	mg	0	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Potassium, K ¹	mg	9	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Sodium, Na ¹	mg	132	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Zinc, Zn ¹	mg	0.04	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Copper, Cu ¹	mg	0.020	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Manganese, Mn ¹	mg	0.040	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid ¹	mg	0.3	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin ¹	mg	0.010	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin ¹	mg	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin ¹	mg	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Pantothenic acid ¹	mg	0.010	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin B-6 ¹	mg	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Folate, total ¹	μg	1	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Folate, food	μg	1	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12 ¹	µg	0.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, IU ¹	IU	0	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Lipids													
Fatty acids, total saturated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total monounsaturated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:2 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:3 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Cholesterol ¹	mg	0	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

¹*Elizabeth Nobmann Nutrient Value of Alaska Native Foods*, 1993